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Your essential daily news | TUESDAY, FEBRUARY 7, 2017 | High 2°C/Low -3°C Freezing rain

TORONTO'S MUSIC SCENE

MAKE A LITTLE NOISE

Why this Toronto rocker says the city needs to act fast to save venues from extinction

metroNEWS

Musician Priya Panda, at the Cherry Coke bar, is speaking out against the disappearance of music venues throughout Toronto — an issue that she says needs to be a priority at Toronto City Hall. EDUARDO LIMA/METRO

Polluted air on GO puts riders at risk

TRANSIT

Carcinogenic diesel exhaust levels 'high': U of T study

If you're a regular GO Transit commuter and you're concerned about your health, you may want to start sitting at the back of the train.

New research from the University of Toronto has found that in some circumstances passengers on commuter trains are at risk for exposure to "markedly high levels" of carcinogenic diesel exhaust. Passengers in the car directly behind the locomotive are at particular risk.

The study recommends that "immediate steps be taken to evaluate and where needed mitigate exposure in all diesel powered passengers trains" and that "passengers with existing cardiac or respiratory conditions may as a precaution want to travel near the rear" of trains being pulled by a locomotive.

Over the past year the study's authors showed their findings to Metrolinx, the provincial agency that operates GO, and officials say they have already taken steps to reduce pollution inside their coaches. "While we don't take these issues lightly, we welcome any findings that can help us run a healthier, safer transit service," said Greg Percy, Metrolinx's chief operating officer.

He stressed that it is safe to travel by GO train. "We want to assure everyone who relies on GO Transit every day that we place the highest priority on their health and safety and we will continue to monitor and report on air quality to ensure we see improvements."

The research was conducted by the Southern Ontario Centre for Atmospheric Aerosol Research at U of T and is one of the first studies to measure pollutant exposure inside commuter trains.

Using portable devices, the researchers tested the air in coaches running on GO's Richmond Hill line for two components of diesel exhaust: ultrafine particles and black carbon.

While diesel exhaust can cause cancer, both of the components the scientists measured are toxic in their own right. Ultrafine particles have been known to cause lung and other health problems, while black carbon (essentially soot) has been linked to damage to respiratory, cardiovascular and nervous systems.

TORSTAR NEWS SERVICE

> **Passengers with existing cardiac or respiratory conditions may as a precaution want to travel near the rear.** University of Toronto study

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Source: A Forum poll of 2,000 Canadians in August 2016.
This message is the view of one Canadian interviewed in January 2017. A JTI-Macdonald Corp. initiative.

metro NEWS

Your essential daily news

Queen Elizabeth II makes history with 65 years as British monarch. **World**

Parents not playing around

BUDGET

Group to protest over childcare spaces, costs

David Hains
Metro | Toronto

City hall will feature an unusually large amount of child's play Tuesday when the mayor's executive committee debates the 2017 budget.

A gaggle of babies and toddlers will camp out on the second floor from noon to 2 p.m. to show support for more affordable child care. They will demonstrate by drinking juice, making arts and crafts, napping and, generally, doing cute baby things.

Organized by Coun. Kristyn Wong-Tam, the so-called "play-in" was originally meant to highlight opposition to proposed budget cuts that would see child care spaces increase by $350 per year. Mayor John Tory announced Monday that he would restore $1.13 million worth of funding to the 8,000 affected spaces, following pressure from parents, daycare advocates and city councillors.

"Asking people to pay more for child care, right now, is not reasonable, and it's not right," he told reporters at John A. Leslie Public School in Scarborough.

But Wong-Tam says more needs to be done, including ongoing rather than one-time funding.

"It seems the mayor will only respond when parents tell him what they're experiencing," said the councillor.

"This should never have been on the table to start with," she added, referencing the cuts.

Tory sent a letter to the premier on Sunday to ask for additional money to support child care. The ratio of subsidized to unsubsidized spaces has steadily declined since 2010.

Scarborough mother Nure Afsana Mazumdar, 25, hopes a long-term solution to the city's ongoing child care crisis is found soon.

The recent immigrant from Bangladesh had to turn down a job offer at a cosmetics factory in December because she couldn't afford daycare for her 3-year-old son Mohammad.

Mazumdar's husband, who was a banker back home, is working part-time in a call centre while retraining at George Brown College to become a fashion industry manager. But it is not enough to pay the bills, she said.

"I need to work to help our family. But I can't work without a daycare subsidy. It's very frustrating," Muzumdar said.

STATS

- With a median monthly cost of $1,649 per infant, Toronto has the most expensive childcare in the country.
- More than 18,000 children are on the waiting list for subsidized childcare.

Mirana Akter and her 20 month-old son Muttakinur Rahman on Monday.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Mirana Akter, 39, whose husband is about to start work as a security guard, also wants to contribute. But the former teacher from Bangladesh needs daycare for her son Muttakinur Rahman, 20 months, so she can upgrade her qualifications to teach here.

"The system makes it very hard," she said. "You need to be in school to get a subsidy. But you can't get a subsidy if you aren't in school."

The women welcome Tory's proposal to fund an additional 300 daycare subsidies, but with 18,000 children on the wait list, they wonder when they will benefit.

"I think it is just a drop in the bucket," Akter said.

Premier Kathleen Wynne acknowledged the city's need in a letter to Tory on Monday in which she notes her government pledged last fall to create 100,000 new child care spaces for kids under age 4 within the next five years.

WITH FILES FROM TORSTAR NEWS SERVICE

Toronto DIGEST

BUDGET

Council to get raise
Mayor John Tory and 44 city councillors are poised to collect a 2.1 per cent pay increase when council finalizes the 2017 operating and capital budgets next week. Tory said he will accept his boost in pay because rejecting it would be a hollow act. TORSTAR NEWS SERVICE

ALCOHOLICS ANONYMOUS

Agnostics welcome
You no longer have to ask God for help to beat alcoholism in Greater Toronto. Two agnostic chapters of Alcoholics Anonymous are once again being welcomed into the fold of the international organization's Greater Toronto Area Intergroup, as part of a mediated settlement of a discrimination complaint announced Monday.
TORSTAR NEWS SERVICE

LAW ENFORCEMENT

Police boards want to give chiefs more power over staff: Survey
A new survey suggests Ontario's police governing agencies want the province to grant police chiefs the authority to suspend officers accused of serious misconduct without pay. Aside from giving chiefs more freedom to suspend officers — which received unanimous support — the participants felt strongly that police boards should be able to lay off staff, including police. THE CANADIAN PRESS

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Priya Panda is disappointed by the disappearance of live music venues around Toronto and says it needs to be a priority at City Hall. EDUARDO LIMA/METRO

Music spots: heartbeat of the city

TREND

Rock band frontwoman wants Toronto to save venues

May Warren
Metro | Toronto

As the frontwoman of hard rock band Diemonds, Priya Panda has noticed a disturbing trend over the last 10 years.

Spots to hear live music in Toronto are disappearing — and she thinks it's time to fight to save what we still have.

"Music venues are the heartbeat of the city, " she said.

"You can build another Shoppers Drug Mart, but you're not going to remember going there the next day."

Panda blames high rents and gentrification for pushing the venues out, adding they're not only a place for her and others to play but unique parts of the city's musical history complete with "that real dirt, that authentic grime."

Panda would like to see the city take action by providing grants or some sort of financial boost to smaller spots that feature live music.

Mayor John Tory has pledged action on the issue, promising the next meeting of the Toronto Music Industry Advisory Council will lead to immediate steps to stop the trend of closures.

Coun. Josh Colle, who chairs the advisory council, said the group will look at possibilities such as changes to zoning regulations and getting feedback from industry members on the best way to make sure live music isn't priced out.

While there will always be some "natural evolution" of venues closing, Colle said the condo boom and rising rents have had an impact.

"That puts a lot of pressure on not just venues but everything," he said.

While the city will not be in the business of "cutting cheques" to private bars or clubs, he does think it has a role to play, and that they will have to explore what that looks like.

Colle noted this is not a problem unique to Toronto, but something Austin, Texas, New York City and London also face.

CLOSURES

- The Silver Dollar Room will close for construction in May but plans to re-open in some form after a redevelopment.
- In January, Hugh's Room, the Hoxton and Soybomb HQ all announced closures, but Hugh's hopes to reopen.

RESEARCH

Repurposed building returns to roots

David Hains
Metro | Toronto

Ryerson University will repurpose an old building to study new ideas about urbanism.

The downtown university will on Tuesday unveil its plans for the Centre for Urban Innovation at 44 Gerrard St. E.

The 40,000 square foot facility will adapt an 1886 heritage building that once housed Canada's first pharmacy school and has been part of Ryerson since 1963.

Carol Phillips of Moriyama and Teshima Architects is the lead designer of the project and says the renovation brings the site full circle.

This building at 44 Gerrard St. E. housed the first pharmacy school in Canada. EDUARDO LIMA/METRO

"It returns the building to its original history" as a research facility, she told Metro. "As time has gone on there has been a need for Ryerson to consider research programs."

The Centre for Urban Innovation will bring together researchers of separate but related subjects, with the focus on nutrition, energy and water in an urban context.

The building is designed as an innovation hub so researchers can get to know one another. That means there's lots of shared kitchenettes and meeting rooms, which Phillips refers to as "places to bump into each other."

There will also be a focus on pairing researchers with the local startup scene and businesses.

The building will "allow our faculty and students to develop solutions to critical urban issues," Ryerson President Mohamed Lachemi wrote in a statement.

LEARNING

Ryerson DMZ's new space aims to teach GTA residents new skills

Gilbert Ngabo
Metro | Toronto

The DMZ at Ryerson is opening its doors to the general public.

For many years serving as a hub for students to hone their creative and tech skills, the entrepreneurial incubator's new space – called Sandbox by DMZ – aims to equip individuals of all ages with skills in designs, web applications and startups.

These are some of the most in-demand programs:

1. **Digital Discovery** — Workshops in partnership with Red Academy.
2. **Financial Literacy** — Budgeting and saving, identity theft, applying for grants and loans.
3. **INK (INnovate with your Kid)** — Cognitive, teamwork skills for children aged 8-12.
4. **The Knowledge Drop** — Photography, videography and music.
5. **Basecamp** — Summer program for high-school-aged teens.

Get free sunshine *and* Wi-Fi in parks

COMMUNITY

Queen West parkettes offer public Internet

May Warren
Metro | Toronto

Torontonians will soon be able to enjoy free Wi-Fi in Queen West without paying for overpriced coffee.

Two new parkettes scheduled to open in fall 2017 will offer complimentary Internet service, as well as seating, trees and other amenities.

The high-speed Internet initiative, the first of its kind in the city, is planned along Queen Street at Denison Avenue and Ryerson Avenue. It's part of a larger joint streetscape project funded by the city and the Queen West Business Improvement Area (BIA).

Shamez Amlani, chairman of the BIA, said he hopes the new parkettes can become spots to "hang out, watch people, and watch the world go by" with a bit of the flavour of the kinds of public squares you see in places like Paris.

"By incorporating the Wi-Fi into the public space we are inviting people to think of the street as part of their living room," he said.

Both parkettes are tiny — less than 1,000 square feet each — but he added that with space at such a premium, the city needs to get creative with what's available.

Queen Street West BIA executive director Spencer Sutherland said the project has been in the works five years, but the Wi-Fi aspect met resistance from the city until recently due to concerns about privacy and liability.

He hopes people will take advantage of the parkettes to stay in the neighbourhood with takeout food, as many nearby restaurants don't have room for seating.

Having Wi-Fi will also bring "eyes in the park and eyes on the street," he said, adding the goal is to have the parkettes done by fall 2017. The BIA will maintain them.

Coun. Joe Cressy said the total cost of the larger streetscape project from Spadina Avenue to Bathurst Street and then Spadina Avenue to Soho Street is about $2.6 million. The BIA is putting up $450,000 and the city is chipping in the rest.

Toronto has lagged behind on public Wi-Fi compared to places like Taipei, Taiwan, and Helsinki, Finland.

But Cressy hopes the model can be replicated by other BIAs in different neighbourhoods, as he believes Wi-Fi is "a public good."

Top left — Bob Marley's granddaughter Donisha Prendergast (actress, model, dancer and poet) is on tap. CONTRIBUTED
Top right — Supermodel Yasmin Warsame (who does humanitarian work in Toronto and Somalia) will be at the expo. TORSTAR NEWS SERVICE
Left — Photographer Adeyemi Adegbesan is also attending. TORSTAR NEWS SERVICE

DIVERSITY

Looking to future in Black History Month

Gilbert Ngabo
Metro | Toronto

A Toronto project is flipping the narrative on how we celebrate Black History Month.

The Black Arts and Innovation Expo focuses on what young people are doing to forge a better future.

Created two years ago by Excelovate and First Book Canada — publishing companies with a focus on diversity — it's a platform for young talent in the local black communities to showcase their creative achievements.

Dalton Higgins, creative director for the event, says it's time to look beyond historic figures.

"We're all versed on Nelson Mandela, Martin Luther King and Miss Lou and Malcolm X, and that's fantastic," he said. "But for a lot of millennials it's starting to sound like cliché, and we have to start looking at contemporary realities of black people."

The expo wants to reflect those realities by underscoring the work of young innovators.

DETAILS

The expo is on Feb. 25
The Black Arts and Innovation Expo will be held at the York Mills Gallery Feb. 25 starting at 2 p.m. Tickets at blackexpo.ca

Apart from panel discussions on various issues, music performances and art exhibitions, the event will feature special appearances by former world champion hurdler Perdita Felicien, Somali-born supermodel Yasmin Warsame and poet laureate George Elliott Clarke among many others.

The Lion's Lair entrepreneurial competition will offer the winner $10,000 to launch or expand a business. There will be 20 scholarships for African-Canadian students to pursue post-secondary education in science, technology, engineering and math.

"If we don't have youth in the driver's seat, it's going to be a shaky future," Higgins said.

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METROLINX

Trudeau's youth role being overshadowed

POLITICS

Critics say he has mixed record on portfolio

After winning the last federal election, the fresh-faced new prime minister, the second youngest ever to assume the office, bestowed upon himself a fitting extra portfolio: Minister of Youth.

One of his first acts was to publish mandate letters for each of his cabinet ministers. They outline for all to see what important work Trudeau expected from his ministers in the coming months and years.

But there was — and still is — a striking omission. While some relevant platform points were included in his missives to ministers in finance and labour, Trudeau published no mandate letter for his self-imposed gig. And none appeared when the letters were refreshed after his January cabinet shuffle.

Prime Minister Justin Trudeau, Liberal President Anna Gainey, left, and Liberal Youth President Mira Ahmad at the 2016 Liberal Biennial Convention in Winnipeg. THE CANADIAN PRESS

More than a year into the Liberals' majority mandate, a sense has emerged that rather than bringing welcome gravitas and attention to the issues facing young people today, Trudeau the Prime Minister is overshadowing Trudeau the Youth Minister.

He has a mixed-record on fulfilling the youth-oriented promises of his party's 2015 platform. In October, the sociable and still-high-polling PM was heckled during an on-stage interview with young members of the Canadian Labour Congress, after outrage was spewed over the finance minister's comment that "job churn"— having to move from job to job over the course of your career — is an intractable part of the 21st century economy.

At the same time, student activists are decrying his performance on accessibility-to-education, as tuition and student debt spike to record heights and youth unemployment stubbornly remains almost double the rate of the total population.

"This government pays a lot of lip service to youth," said Bilan Arte, president of the Canadian Federation of Students, which advocates for free post-secondary education. "We're not just a voting block that can be accessed every other election."

Whether such criticism is fair is up for debate. Vasiliki Bednar, head of the government's Expert Panel on Youth Employment that was created last fall, said Trudeau's decision to appoint himself youth minister showed issues such as tuition, student debt and youth unemployment are a priority for the government

She added that the "job churn" comment was an honest portrayal of the reality facing young workers.

"A government that pretends that's not a reality, and designs programs for quote-unquote 'standard work,' which is full-time forever jobs, is not a government that I want, because that's an unrealistic, fantasy government," Bednar said.

TORSTAR NEWS SERVICE

150 WAYS of looking at Canada

POSTCARD NO. 7

'THE DEAD END' PARKDALE, TORONTO, ONT.

BACK IN THE 60'S, CALENDAR STREET WAS MY PLAYGROUND. WE PLAYED FROM SUNUP TO "STREET LIGHTS ON" AT SUNDOWN. ICE CREAM, DOUBLE-DUTCH AND RED ROVER WERE THE ORDER OF THE DAY. WE ALL FELT GOOD AND WE ALWAYS FELT SAFE. WHAT A LIFE! **DEBBIE WILSON**

SEND US YOUR POSTCARD Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

EQUALITY

Six-year-old Elliott is leading the way in gender education

Elliott Sweeny, 6, is schooling Halifax about gender and bodies. JEFF HARPER/METRO

Haley Ryan
Metro | Halifax

Elliott Sweeny loves dogs, banana bread, Beyoncé, sometimes wearing skirts, and pink rainboots. In the Halifax six-year-old's words, Elliott also says they have a "boy body and a girl brain."

Curled up on a couch with their mom Kym Sweeny at the South House Sexual and Gender Resource Centre, Elliott said they usually don't mind explaining how they identify as gender fluid and gender-nonconforming, or use "they/them" pronouns — but kids don't always believe them and can say mean things.

"You can't just be bullies just because you don't know what things are, and just because you don't think it's right — because it actually is right," Elliott said.

Kym said some people on the radio were talking about women's periods in a joking way. When Elliott asked if people made fun of menstruation because they didn't understand it, Kym said "sometimes."

The next day Elliott asked for magazines to make a collage about things people should know more about, adding glitter and photos of Beyoncé and trans actress Laverne Cox next to words like consent, racism, gender and decolonization — which they asked for help writing.

They went to South House to plan a community event, which developed into a series of pop-up schools, with the first one on gender taking place this month.

All the pop-ups will have a kid or young adult paired with a "grown-up" to talk about topics they're experts in, Kym said, followed by activities and relevant book-reading while the parents and caregivers can talk about their experiences raising gender-nonconforming or LGBTQ kids.

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45	$14	$10	$23	$16	$33	$23
50	$18	$14	$32	$23	$53	$37
65	$68	$45	$116	$96	$281	$183

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MOSQUE SHOOTING

Words came from the heart, imam says

An imam who spoke at the funerals for three Quebec mosque shooting victims says he believes his words have become popular on social media because his message came from the heart.

Hassan Guillet, 64, says he didn't even prepare his speech, which has been lauded for its message that the man accused of the shootings in Quebec City last week is himself a victim of hate, and that people shouldn't seek revenge for the crime.

"People could see that the man standing in front of them is an honest man, a sincere man and a sad man and is talking his pain. I think it was apparent," Guillet said in an interview Sunday about the speech he delivered Friday.

"When I was talking, I saw the tears on the face of our prime minister, Mr. Trudeau, and on the face of our premier, Philippe (Couillard), on the face of the mayor of Quebec (City)."

"I was touched."

Stories about the speech have since appeared on the social-media feeds of people around the globe, including some celebrities.

"The extraordinary and humane words of Imam Hassan Guillet, at the funeral for the victims of the Quebec massacre," J.K. Rowling, author of the Harry Potter series, tweeted along with a link to a transcript of the speech.

Guillet, who came to Canada from Lebanon in 1974 and is now retired from the aerospace industry, said he was too busy to prepare for the speech leading up to the funerals. As a spokesman for the province's council of imams, he hadn't had a lot of time since the shootings happened last Sunday night. THE CANADIAN PRESS

SENATE

Democrats hold floor in protest

Democrats announced plans Monday to hold the Senate floor around the clock to protest Republicans' push to confirm President Donald Trump's cabinet picks.

Democrats' effort got under way as the Senate headed toward a showdown vote Tuesday on Education Secretary nominee Betsy DeVos, a wealthy GOP donor who has advocated for alternatives to public education. DeVos' nomination has drawn particularly fierce opposition from teachers' unions and others.

Two GOP senators have announced plans to oppose her, which could result in a 50-50 Senate vote Tuesday.

That would leave Vice-President Mike Pence in the role of tie-breaker, something that has never happened with a cabinet nominee in the Senate's history, according to the Senate historian.

"Democrats will hold the floor for the next 24 hours until the final vote to do everything we can to persuade just one more Republican to join us," Sen. Patty Murray, D-Wash., said on the floor around mid-day Monday.

"And I strongly encourage people across the country to join us — to double down on your advocacy — and to keep making your voices heard for these last 24 hours."

Republicans accused Democrats of slow-walking qualified nominees to placate liberal base voters who still haven't come to terms with Trump's election. THE ASSOCIATED PRESS

Nazanin Zinouri, 29, is greeted at the Greenville-Spartanburg International Airport in Greer, S.C., on Monday. Zinouri, an Iranian engineer and Clemson University graduate, had been unable to return to the U.S. THE ASSOCIATED PRESS

U.S. Justice Department pushes to reinstate ban

POLITICS

States argue Muslim ban would 'unleash chaos again'

The fierce battle over President Donald Trump's travel and refugee ban edged up the judicial escalator Monday, headed for a possible final faceoff at the Supreme Court. Travellers, temporarily unbound, tearfully reunited with loved ones at U.S. airports.

The Justice Department prepared to ask a San Francisco-based federal appeals court to restore Trump's ban on travellers from seven predominantly Muslim nations. The lawyers were expected to argue in a brief that the president, not the courts, has the authority to set national security policy and that an executive order to control access at the country's borders is lawful.

The filing with the 9th U.S. Circuit Court of Appeals was to be the latest salvo in a high-stakes legal fight surrounding Trump's order, which was halted Friday by a federal judge in Washington state.

The appeals court refused to immediately reinstate the ban, and lawyers for Washington and Minnesota argued anew on Monday that any resumption would "unleash chaos again," separating families and stranding university students.

Telephone oral arguments have been scheduled for Tuesday afternoon. The San Francisco-based 9th U.S. Circuit Court of Appeals will hear from lawyers from the federal government and states suing Trump.

The president's executive order has faced legal uncertainty ever since Friday's ruling by U.S. District Judge James Robart, which challenged both Trump's authority and his ability to fulfil a campaign promise.

The State Department quickly said people from the seven countries — Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen — could travel to the U.S. if they had valid visas.

The legal fight involves two divergent views of the role of the executive branch and the court system. The government has asserted that the president alone has the power to decide who can enter or stay in the United States, while Robart has said a judge's job is to ensure that an action taken by the government "comports with our country's laws."

States challenging the ban have been joined by technology companies, who have said it makes it more difficult to recruit employees, and by attorneys general from more than a dozen states. A declaration filed by John Kerry and Madeleine Albright, former secretaries of state, said the ban would disrupt lives and cripple U.S. counterterrorism partnerships around the world. THE ASSOCIATED PRESS

GLOBAL DIGEST

AFGHANISTAN

Ransom could have freed family of hostages: Report

A new report claims that Canadian Joshua Boyle, his American wife, Caitlan Coleman, and their two young sons could have been freed for a $150,000 ransom, but that the FBI did not pursue the deal with their kidnappers.

According to two unnamed American "officials directly involved in the case," VOX reported Monday that a Taliban representative had told U.S. military negotiators of the proposed deal, but that when news was relayed to the FBI, "the agency never followed up."

The FBI did not comment on the report. TORSTAR NEWS SERVICE

UNITED KINGDOM

Elizabeth II marks 65 years as queen

Queen Elizabeth II has become the first British monarch to reach the milestone of 65 years on the throne.

Monday's Sapphire Jubilee is being marked with cannon salutes in London's Green Park and at the Tower of London.

Buckingham Palace also released a photo of the queen by David Bailey to mark the occasion. In the picture, taken in 2014, the monarch wears a suite of sapphire jewelry given to her by her father as a wedding gift in 1947.

Elizabeth surpassed Queen Victoria as Britain's longest-serving monarch in 2015. THE ASSOCIATED PRESS

RICK MERCER REPORT
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Firms 'violate' wireless code

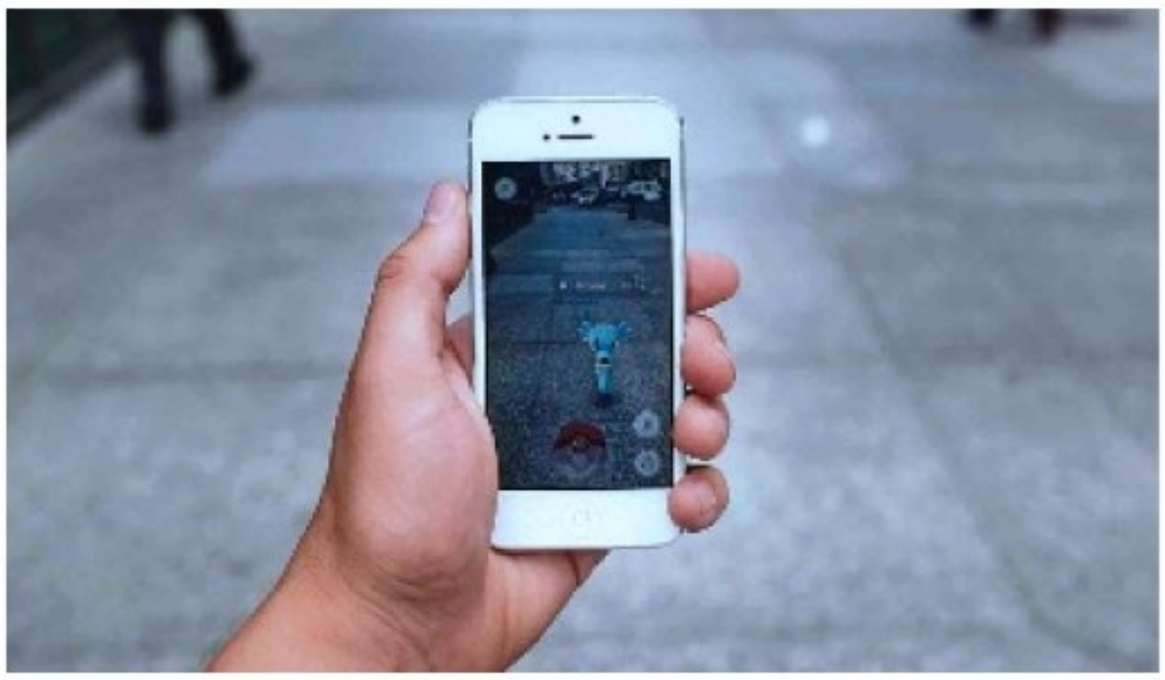
TECHNOLOGY

Force service providers to live up to rules, watchdog told

Some cellphone companies are either passively or actively violating Canada's wireless code of conduct and the rules need to be tightened and enforced, consumer groups told a hearing Monday.

While consumer complaints have dropped since the code came into effect in 2013, the Public Interest Advocacy Centre told the review wireless users need greater controls put in place so they don't suffer from "bill shock."

"Certain wireless service providers have ... knowingly or unknowingly avoided or violated or attempted to change clear wireless code requirements, and have not largely been stopped," advocacy centre executive director John Lawford told the Canadian Radio-television and Telecommunications Commission. "This must change."



The Canadian Radio-television and Telecommunications Commission is reviewing its four-year-old wireless code of conduct this week in Gatineau, Que. THE CANADIAN PRESS

The CRTC review comes amid calls for greater parental control over household cellphone data charges and clearer rules governing wireless service cancellation fees and how caps on data overage fees should apply.

Speaking on behalf of the Consumer Association of Canada, the National Pensioners Federation and the Council of Senior Citizens Organizations of British Columbia, PIAC told the regulator that, in some cases, wireless providers offer data and voice as optional services, despite stipulations in the code that key services be clearly spelled out in wireless contracts.

"(This) is not only vastly inappropriate and skewed against the consumer, but clearly contradicts the spirit and letter of the wireless code," said PIAC legal counsel Alysia Lau.

"Data and voice services clearly form a key part of a wireless contract."

The first code effectively killed three-year phone contracts, limiting them to 24 months. But that led, in many cases, to higher monthly bills as the service providers were forced to recoup the cost of subsidized smartphones over a shorter period.

While Telus Corp., has suggested the CRTC revisit the two-year limit, arguing that providing a three-year contract option could reduce monthly bills by amortizing the cost of so-called zero-dollar phones over 36 months, BCE Inc., and Rogers Communications Inc., have not specifically proposed changes to contract length provisions.

Carriers also want to be able to recoup the cost of items offered for free to customers as incentives to sign a contract.

Currently, service providers can charge consumers for the residual value of subsidized cellphone hardware if they cancel their contracts early. For example, a customer could be charged $300 if they cancel a two-year contract after one year, if the initial value of the incentivized phone was set at $600. THE CANADIAN PRESS

STATISTICS CANADA

Census data kicks off

On Wednesday, Statistics Canada will release the first batch of data from the 2016 census.

The release — the first of seven data dumps — will detail the population as it stood on May 10, 2016; those regions where population levels or climbing and falling; and where new homes are being built.

The population counts determine how much money Ottawa transfers to provinces and territories for services like health care and how much it sends to cities for infrastructure work through the federal gas tax fund

Demographers use the information to see how the country is changing. Multinationals like Starbucks and Tim Hortons use the data to decide where to place their next store.

Census information lets urban planners know where people are living so they can better plan for transit, roads, hospitals, schools and new residential units. Local land-use decisions like zoning bylaws are also based on census data.

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metro VIEWS
Your essential daily news
Tuesday, February 7, 2017

MICHAEL COREN ON MILO'S MISSION TO DIVIDE

At Berkeley, most of those protesting were peaceful and responsible but, as is so common, the extremes were triumphant. Two sets of fanatics had their way: those who disrupted the speech and those who planned it.

SEWER SPOKESMAN Far-right icon Milo Yiannopoulos is fighting a fake crusade against made-up enemies: feminists, trans people, Muslims and anyone else he doesn't like, Michael Coren writes.
JEREMY PAPASSO/THE ASSOCIATED PRESS

This year marks the 500th anniversary of the Reformation, sparked in part by the Roman Catholic Church's sale of indulgences. The more you paid, the less time you and your loved ones spent in purgatory. As the rhyme of the time had it, "As soon as a coin in the coffer rings/the soul from purgatory springs."

I couldn't help thinking of all this when reading of the sordid events at The University of California, Berkeley last week when a planned speech by the ultra right-wing narcissist and professional provocateur Milo Yiannopoulos was cancelled after around 150 masked thugs used fireworks, baseball bats and various forms of violence to attack those attending the event.

Milo — he and his acolytes rather ludicrously use the single name — is senior editor for the far right website Breitbart News. He is a bit of a legend in his own lunchtime, and most people have never heard of him, but for the hard right and the hard left he is an icon of either truth or lies. Actually he is neither. A fringe journalist with a troubled past, he reinvented himself as a self-defining fierce, fearless spokesman for those waging war against the chimera of political correctness.

His means of fighting this war against an imaginary foe is to insult and mock anybody who annoys him. Liberals, feminists, the overweight, trans people, Muslims, gays — even though he is himself gay and insists on using the term "f—t." It all becomes somewhat tedious but it arouses those who obviously would like to do the same but lack the ability or the platform. He is a conduit for those who confuse freedom of speech with the licence to abuse. The sewers breathe once again.

Screaming is easy, listening far more difficult.

At Berkeley, most of those protesting were peaceful and responsible but, as is so common, the extremes were triumphant. I use the plural because two sets of fanatics had their way: those who disrupted the speech and those who planned it. You see, this is a dark symbiosis, a grotesque theatre of the absurd where the polarized of right and left destroy the vast middle of ground of sensible disagreement and debate.

And nothing, of course, makes the "coin in the coffer ring" as much as playing the victim and crying that free speech and liberty are under threat. There is money to be made in becoming a champion of white, straight, conservative people who have convinced themselves that they are being persecuted.

The violence at Berkeley, and at other such events, is unacceptable. But there is violence in language as well as action. If one degrades a race, marginalizes a sexuality, condemns a people, there tend to be consequences. Surely the recent obscene events in Quebec City taught us that. One fist can do damage; one broadcast, article or Internet rant can lead to a lot more.

Idiots provoke and idiots are provoked. Milo, and for that matter his banal imitators in Canada, have to establish a false problem if they are to set themselves up as the solution. Build it and they will come.

So if you claim that Islamic extremists are everywhere, that we can no longer speak our minds, that media conspiracies are preventing us from knowing the truth, and that being a white man is considered a crime, enough credulous and insecure people will accept it and act accordingly. Witness the election of Donald Trump.

In actual fact there are genuine dilemmas about speech, tolerance, the meeting place of secular pluralism and religion ideas, and the way we deal with justice and equality issues, and these are intensely sensitive and delicate.

It's because of that sensitivity and delicacy that we have to respond with empathy, compassion, intelligence and responsibility. Screaming is easy, listening far more difficult; outrage satisfies hysteria and anger, consideration fulfils the intellect and the soul.

The hoodlums in California will be punished and Milo will fade away before most of us even knew he was there. The same, God willing, will happen to those Canadian rightists who assume they're being rebellious when they're just childish conformists. But some of the divisions caused will take longer to heal and that's difficult to forgive.

Personally, I'd just ignore these clownish performers. As for the coins in the coffers, integrity is far more valuable than money.

Michael Coren is the author of Epiphany: A Christian's Change of Heart and Mind Over Same-Sex Marriage.

It's time to strengthen our sanctuary city

TORY'S TORONTO
Matt Elliott

A confession: It's a challenge to write about city issues these days.

Don't get me wrong. Municipal politics is still my jam. But it's hard to get fired up about property taxes when people are taking to the streets to fight for justice against the United States president and the news of the world feels so relentlessly dark.

But then, last week in the council chamber at Toronto city hall, I saw some light.

Mayor John Tory's move to reaffirm Toronto's status as a sanctuary city was important and necessary, demonstrating that municipal leaders still have an important role to play. His council motion spoke directly to those who seek to divide with fear and hate.

It said to hell with that.

In today's world, where literal Nazis are somehow a thing again, this shouldn't be taken for granted. Toronto's status as a sanctuary city shouldn't just be reaffirmed. It should be strengthened.

There's nothing controversial about this. Being a sanctuary city means only that those without documentation can access services without fear of deportation. It means people can go to shelters or call the fire department without worry that they might get kicked out of Canada.

That's not radical. That's just justice.

But our justice is fragile and incomplete. With Toronto's status again reaffirmed, Tory and Council must now ensure this is more than just a label.

To start, strongly denounce those who do buy into the politics of division and racism. Tory's refusal last week to cut ties with campaign strategist Nick Kouvalis — who until Thursday ran the xenophobic campaign of Kellie Leitch — was an affront.

The same goes for those on council who didn't join with Tory in the sanctuary city vote, either through ignorance or absence. Those who don't support sanctuary should be held to account.

Beyond that, let's make sure these policies are working for vulnerable people.

A 2015 city report examining the aftermath of Toronto's sanctuary city decision showed there's still work to be done.

In particular, the report highlighted the Toronto Police Service as a place where access is falling short.

"An individual experiencing violence in Toronto may make a rational decision not to seek help because of a fear of being deported," the report says.

That's an alarming conclusion in a city that purports to provide sanctuary, and it speaks to the need to go beyond affirmation and reaffirmation to implementation.

Indeed, one of the lessons learned over the last year should be to avoid feeling smug or complacent about the affirmations, policies and institutions that are supposed to protect the spread of toxic politics. They are weak and porous and, if left untended, they shatter. Without vigilance, the light will go out.

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Your essential daily news

Fresh from her Super Bowl cameo, Lady Gaga announces a world tour starting in Canada in August

Behind the swinging curtains

SEXUALITY

Polyamorous advocates love openness...just follow the rules

Fatima Mechtab, marketing and events coordinator at Oasis Aqualounge, the Toronto adult playground. TORSTAR NEWS SERVICE

Toronto's Oasis Aqualounge is a pretty open environment. The clothing-optional sex club hosts events each week for people to explore their sexual fantasies. But for such a liberal venue, there are certainly a lot of rules.

No photos. Certain areas are off limits to men unless accompanied by a woman. No touching of any kind unless given permission. No means no, of course, but the club takes it a step further: only yes means yes. That means there are no sexy times until consent is verbalized, says Fatima Mechtab, the marketing and events co-ordinator at Oasis, which had approximately 16,000 members last year.

The clothing-optional space, where sex is allowed, is by its nature vulnerable, she says. The rules are to make sure everyone feels safe, comfortable and encourage people to talk. "A big problem with consent is people assume it's something you don't have to verbalize," she says.

In fact, when it comes to sex, there's lots that people don't talk about — but should.

Mechtab, a queer woman who has explored swinging and polyamorous relationships in the past, says these types of strict rules are common in "the lifestyle," a term for consensually non-monogamous couples. And, she says, rules make relationships better.

Couples and the locations they go to play have to create an environment in which all parties feel not only safe, but also heard. These boundaries take away the grey areas, forcing couples to say what they do or don't want and what they need from sexual encounters. And there's a lot non-swingers can learn from them about building a healthy (and satisfied) relationship.

A successful swinging relationship is based on constant communication, says Carol Hunt, founder of VenusCouples, a Montreal-based online forum for "sex-positive" exploration of the lifestyle. She and her husband have been swinging for a decade. Before any party or outing, they agree upon a set of boundaries (such as they'll always be in the same room during sex) and expectations for the evening (be it sex with another person or a night observing others).

Afterwards, they always break their experience down: what they liked, what they didn't like, and what would they like to try in the future?

While it might seem exhausting to always talk about sex, Hunt says it means both parties feel their needs are being heard. If her husband wants to try something new, but she's not interested, the decision isn't shut down entirely. Instead, they discuss both points of view and try and find a happy middle ground in which they can explore. No always means no — but that's only the start of the conversation.

That consensus-building trickles out of the bedroom, says Edward Fernandes, a professor of sexuality specializing in swingers, at Barton University in North Carolina. "I've had people say, 'We used to have trouble with our finances — we couldn't talk about this — and once we went into swinging, that went away,'" says the Toronto expat. "People will often avoid talking about things, because they don't know how (their partner) is going to respond," says Fernandes. "So we hide. Swinging tends to pull that curtain." TORSTAR NEWS SERVICE

SPICING IT UP

Carol Hunt suggests couples looking to spice up their bedroom can start small:

- Make it a point to go to a sex shop, for example, to discuss what both parties might enjoy or not. To avoid embarrassment, make it a rule that neither party can wander off on their own: you're in it together and that can decrease the awkwardness.
- Watching porn can be a great way to get both parties in the mood. But before hitting play, Hunt suggests setting expectations: you'll only watch for an hour, and pick one act to try and re-create.
- If you're trying something new and don't enjoy it the first time, Hunt say don't shut it down right away. Commit to revisiting the act at least once at a later date, and if you still don't enjoy it, then it's OK to take it off the table for the future.
- Great relationships need work, she says. Set aside a couple hours each week just to be with each other. No television, no distractions (and if you want, no clothes).

TORSTAR NEWS SERVICE

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4	7	1	9	5	3	2	6	8
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TV BRIEFS

Hal and Jo's messy Diet

Suppose you're a massive streaming service that wants to encourage Canadians to watch your gory new black comedy with a health-conscious name. What do you do?

Well, if you're Netflix and your new show is the bizarre zombie comedy Santa Clarita Diet, the easy answer is you recruit Hal Johnson and Joanna McLeod, a pair imprinted on the brains of us all as the country's gently encouraging faces of health and fitness. Then you hand them a chainsaw.

So, without telling us anything at all about Santa Clarita Diet, the tidy two-minute promo of darkly funny training and terror should be enough to tell you whether you want to give the Diet a go.

Santa Clarita Diet's ten-episode first season, starring Drew Barrymore, premiered Feb. 3 on Netflix.

ANDREW FIFIELD/METRO

COMEDY

Spicer asks SNL to 'dial back' portrayal

Andrew Fifield
Metro | Toronto

Despite the surfacing of Steve Bannon, White House Press Secretary Sean Spicer is arguably the most recognizable face of the Trump Administration.

This makes Spicer and his caustic, prop-peppered press conferences perfect fodder for Melissa McCarthy and the writers at Saturday Night Live.

McCarthy's briefing bullying received rave reviews after it aired over the weekend, but the actress shouldn't count Spicer himself among her fans.

Instead, the fiery face of the Trump White House suggested McCarthy "could dial back" when Extra caught up with him on Super Bowl Sunday.

The press secretary appeared piqued by his doppelganger's mouthful of gum, a nod to Spicer's well-known penchant for cinnamon gum. He suggested the actress "needs to slow down on the gum chewing, way too many pieces in there."

But like a good soldier, Spicer rolled out a stronger defence when it came to his boss and Alec Baldwin's portrayal of him.

"Alec has gone from funny to mean, and that's unfortunate," Spicer lamented. "SNL used to be really funny. There's a streak of meanness now that they've crossed over to mean."

Melissa McCarthy (left) as Sean Spicer. CONTRIBUTED/FILE

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Statements arrive in the commercial break

THE SHOW: Superbowl LI (Fox/CTV)
THE MOMENT: The censored ad

84 Lumber's commercial was partially banned. CONTRIBUTED

A struggling mother and daughter make their way north through the Mexican desert. The daughter collects scraps of cloth and plastic along the way. There the ad, for Pennsylvania-based company 84 Lumber, stops, and directs viewers to Journey84.com.

In the online half of the ad, American workmen on the Mexican border saw lumber. The mother and daughter arrive at a huge, uncrossable wall. The mother cries. The daughter shows her what she's been making with the scraps: an American flag. Suddenly a truck drives by. The mother's face lights up. The workmen weren't building the wall. They were building a gate. Mother and daughter walk through to this line: "The will to succeed will always be welcome here."

I thought Lady Gaga's halftime extravaganza would make a statement against Trump's refugee/immigrant ban. But she went for understatement, letting her lyrics and her dancers, a rainbow of race and gender, make a subtle point.

Instead, the statements came in the commercial breaks. Budweiser depicted the prejudice its German-immigrant founder faced. Coke revived a 2014 ad featuring a multilingual America the Beautiful. Audi advocated for equal pay and Airbnb announced, "The world is more beautiful the more you accept."

84 Lumber was gutsiest: Fox rejected their full commercial as "too controversial." The piece that aired sent so many viewers to the website that it crashed. Meanwhile, Donald Trump left his Mar-a-Lago viewing party after halftime. Because his team, the Patriots, was losing? Or because of the ads?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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You're sailing through scholastic life with a smile and a spring in your step, until you get the news that an oral presentation is expected of you soon. The dread of public speaking sets in, and you begin to wonder how to possibly prepare for such a terrifying task. Dr. Martin Antony, professor at Ryerson University and author of the Shyness and Social Anxiety Workbook, says the best beginning is to keep the presentation in perspective.

"It will happen and then it will be over," says Antony. "Whatever happens won't matter much after it's done. A day later, a week later or a year later.

"Also, recognize that most people, including those in the audience, have anxiety around public speaking," reminds Anthony, adding that interpreting this presentation as a practice run for larger scale speaking engagements of the future will help to lessen the personal stakes.

Frank Leskovjan, career services counselor at the University of Winnipeg, adds that the pre-presentation jitters can be a positive for the student.

"Use your nervousness to motivate you to work hard on the presentation," says Leskovjan. "Preparing thoroughly can ensure you are confident about the material you are presenting."

Leskovjan advises this preparation might include enlisting a friend to play audience.

"Practicing in front of someone you trust who may offer positive, encouraging feedback can help you feel more comfortable about sharing what you have to say," Leskovjan says. "Have your notes written out clearly in point form so you can easily refer to them as you speak."

And on the day of the big event?

"Arrive early so you can organize your materials and feel ready and not rushed during your presentation" advises Leskovjan. "Take a few seconds to do some deep breathing or other relaxation techniques before you go up and speak.

"And remember, you are not alone. Even persons who present to groups as their livelihood can experience times when they are nervous."

Dr. Wendy Doughty, assistant dean of students at the University of Alberta, reminds that although not everyone chooses public speaking as a career, the event of an oral presentation will likely make its way into every job position. So take the chance to gain the skill now.

"Being able to present your ideas effectively will be an asset to your career," says Doughty. "Take a workshop on presentation skills, take a drama or improv workshop, join Toastmasters, and learn from observing others."

— LIZ BEDDALL

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Study and Go Abroad Fair opens up a world of possibilities for students

CONTRIBUTED

On March 5, almost 120 universities from all over the world, many of them ranked in the world's Top 100, will participate in the Study and Go Abroad Fair at the Metro Toronto Convention Centre, North Building, to meet with students who are looking to take an undergraduate or postgraduate degree or certificate program abroad.

"The Study and Go Abroad Fair is an exciting event as it showcases a whole range of short-term and long-term study opportunities in many different fields and countries; Australia, UK, USA, Caribbean, Switzerland, Italy, to name a few," says Katie Idle, organizer of the event. "At the expo, we welcome students looking for post-secondary options, and their parents, educators and young professionals looking to retrain."

Idle mentions that the expo also features a Travel Zone, with gap year and other student travel options — work abroad, internships, language travel — as well as free seminars during the day.

"Studying abroad is an investment in the future, looks great on a resumé and is a differentiator in an increasingly competitive labour market. As well, universities abroad sometimes offer shorter programs — three-year undergraduate degrees and one-year master's — greater program choice and more availability in fields such as medicine, law and pharmacy," Idle adds.

"The best thing about the expo is that it is free of charge. Information on exhibitors, scholarships and seminars can be found on the website studyandgoabroad.com."

Fifty years of craft and design celebrated

As Sheridan College celebrates its 50th anniversary, the school's craft and design program, which was also founded in 1967, is taking the opportunity to reflect on the role it has played in the Canadian craft and design community and to reconnect with its some of its earliest alumni.

"This has been a really strong program for five decades," says Gord Thompson, coordinator of the program, which today is an honours bachelor of craft and design.

"The last decade or so has been difficult for craft schools so we take our strength and survival very seriously and we are proud that we are thriving."

Three years ago, the program graduated from being a three-year advanced diploma to a four-year honours bachelor program that allows students to gain grounding in all five of the offered studios and enjoy an interdisciplinary approach while still specializing in glass, textiles, furniture, industrial design or ceramics. Thompson says the shift to being a bachelor is one of the program's most important and significant, despite many changes over the years.

"When the program launched in 1967, it was a quasi-independent initiative of the craft community, which had gone to the premier and demanded that a school of craft and design open to support formal education," he says. "Back then, it fell under the Sheridan umbrella but it was housed at a remote campus in Mississauga as a two-year diploma.

"In the 1980s, the program moved to Trafalgar campus and became a three-year advanced diploma and now, due in part to student demand, an honours bachelor."

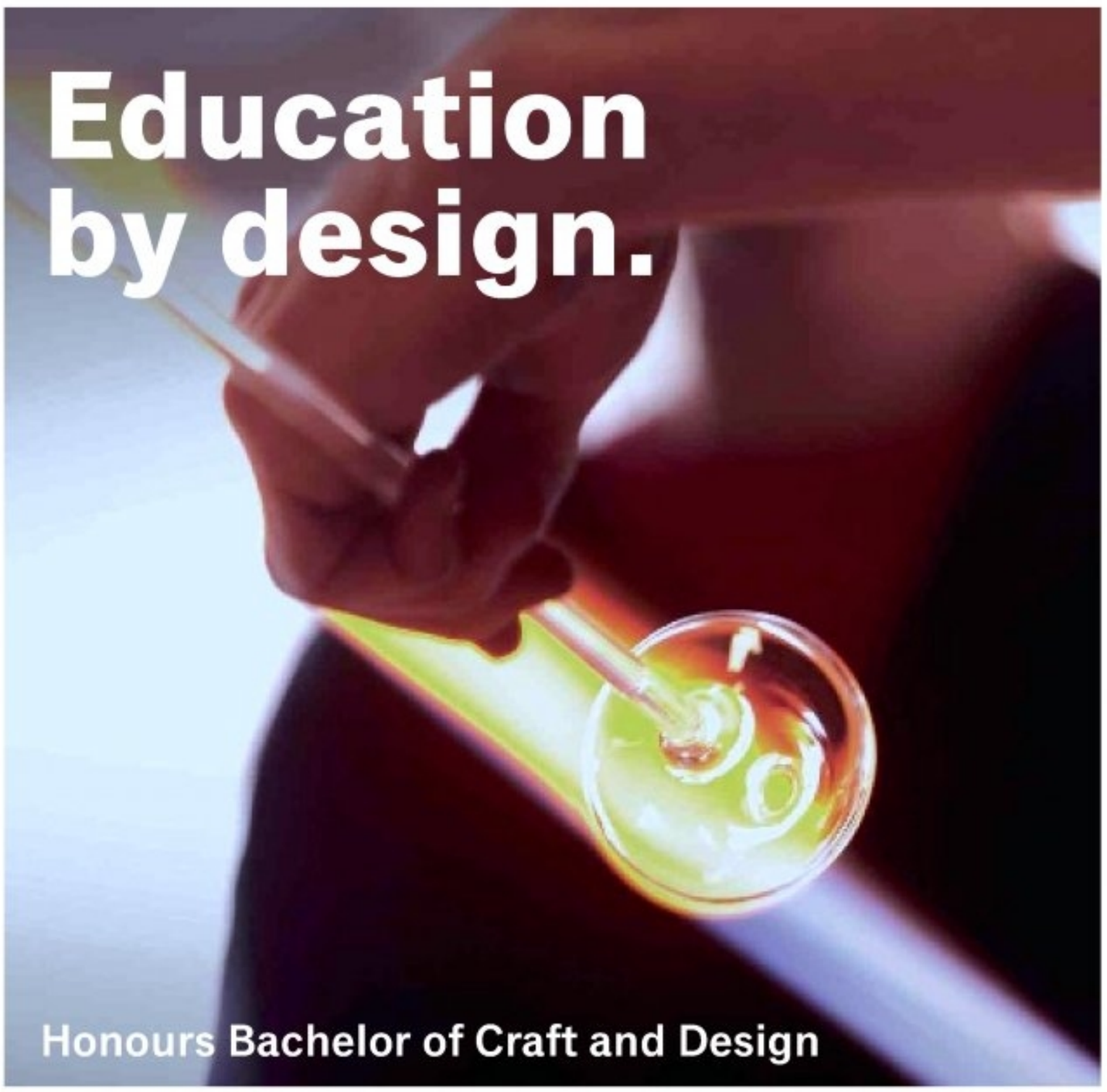
Students, in 1987, at the former Mississauga campus of the program, known at that time as The School of Crafts and Design. CONTRIBUTED

50th anniversary exhibitions and more

The program's anniversary celebrations kick off on May 1 with an exhibition at Trafalgar. It will feature the work of senior members from the program's alumni network, who will have the opportunity to select emerging artists from among Sheridan's alumni to also exhibit their work. Beyond May, more exhibitions will follow in August at the Craft Ontario Gallery downtown and in October at the Queen Elizabeth Park Community and Cultural Centre in Oakville, with the possibility of others in between.

"The exhibitions will offer a sense of the work that has been produced over the years and retrieve some of the history that won't be retrievable a decade from now," he says. "We still have people from our first graduating class who are active in the craft community so we are excited to reconnect with them."

Thompson says also planned as part of the anniversary celebrations is a publication that will document the history of the program and where it is headed.



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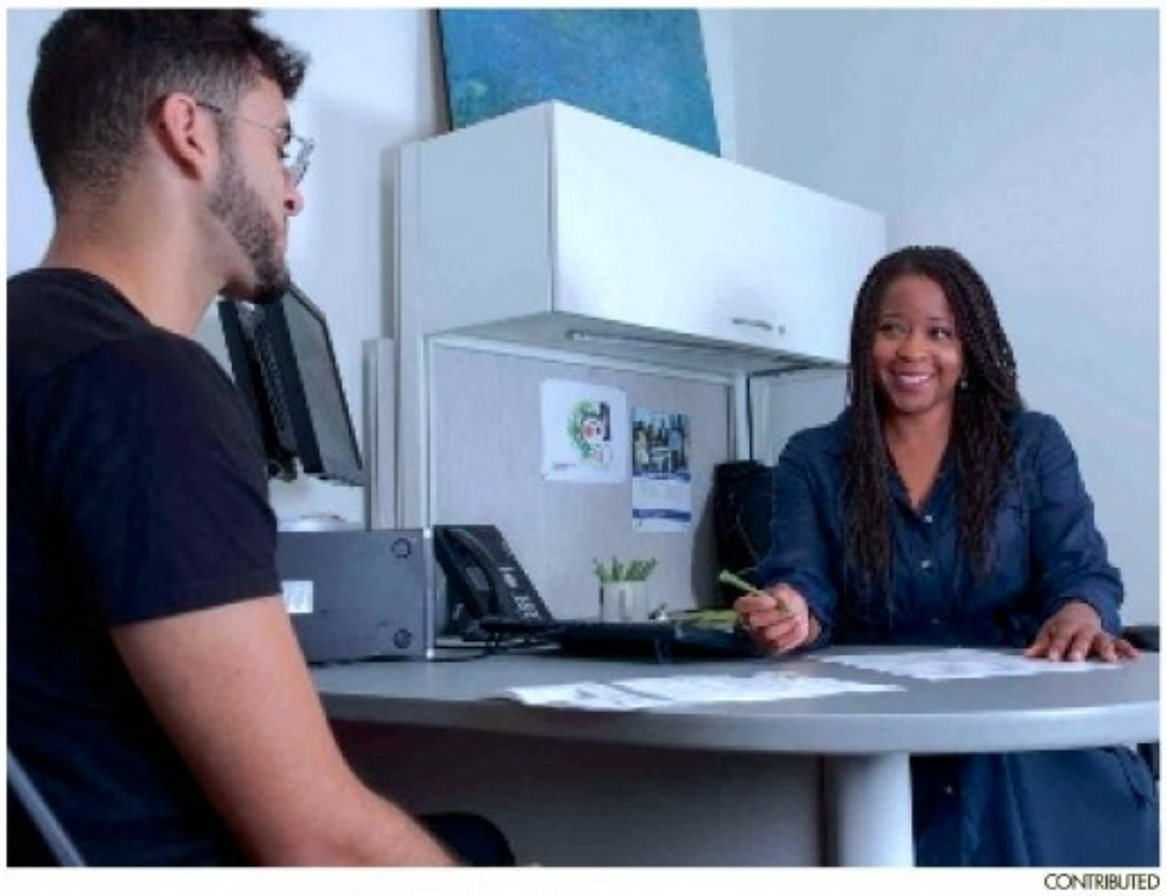

CONTRIBUTED

More than 440 hours. That's how much time Centennial College's community and justice services students spend gaining real world experience before they graduate. And while the field placement is a highlight, the program's coordinator warns prospective students that what they see on TV is removed from the reality of the industry.

"Orange is the New Black is Hollywood and something like a correctional officer being taken hostage is not glamorous," says Judy Hermann, who also teaches in the two-year program. "As much as we try to teach in a fun way, students are learning about a very serious aspect of the world that can be incredibly stressful but equally rewarding."

Community and justice services covers the required knowledge and skills to work in settings that address youth and adult populations who are at risk, currently incarcerated or involved with the criminal justice system and/or involved in rehabilitation programs.

"What's really neat is that besides covering the Canadian criminal justice system, counselling, case management, risk assessment, and crisis and suicide intervention skills, students learn about themselves, their own biases and how to think critically," says Hermann.

One of the largest programs of its kind in the Greater Toronto Area, community and justice services takes a holistic approach that includes theory, role playing, the creation of a professional portfolio, research projects that are presented to community members during a criminology fair, mock interviews and field trips. The two field placements, meanwhile, give students an idea of what to expect upon graduation.

"We have an involved placement process in which students choose their Top 3 choices from our internal database of more than 200 industry partners and provide the rationale behind these choices," says Hermann. "Faculty members then meet and make the determination where a student should be placed. Our top priority is ensuring students have a successful placement."

And, says Hermann, while many grads continue their education through pathway programs with partnering institutions, others launch successful careers. Currently, she says, the Ministry of Community Safety and Correctional Services and the Ministry of Children and Youth Services have a high demand for community and justice services professionals.

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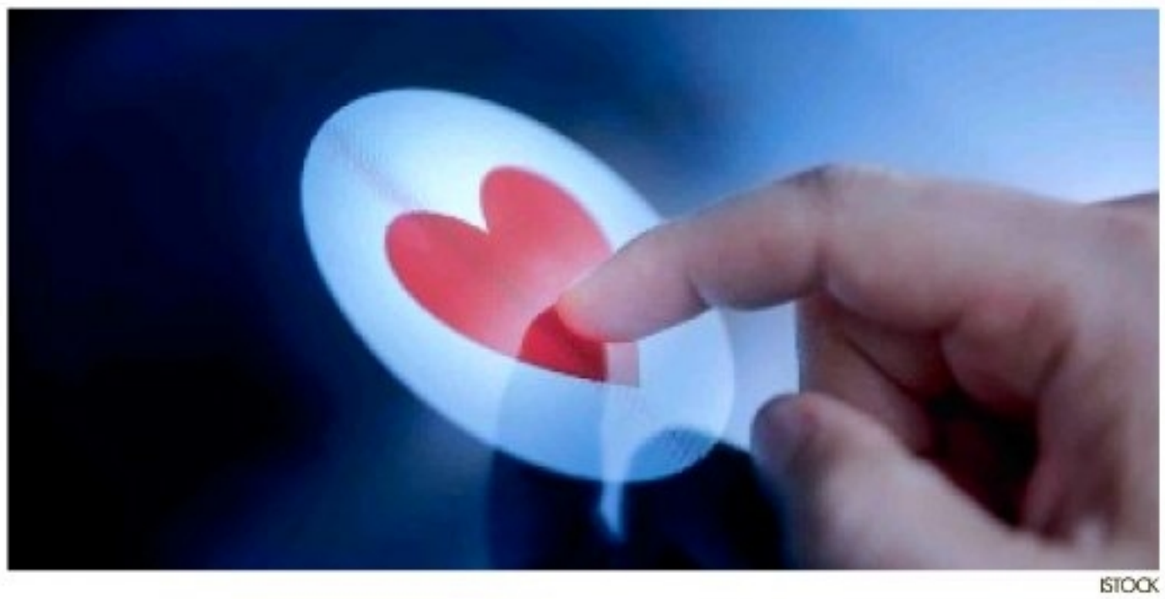
Where the course of love runs all semester long

Sure Cupid might reign supreme for one special day in February, but Canadian campus-dwellers can keep the swoon-factor going strong all semester with courses that prioritize passion on the lesson plan.



ISTOCK

Philosophy of Love and Desire: Trent University

Been daydreaming about your on-campus crush all day long? Delve a little deeper into the depths of human desire with this comprehensive course on human nature, happiness and everything 'l-o-v-e'. Topics such as the nature of love, the relationship between what we value and what we desire, and the ethics of relationships will be considered.

Chocolate Confections: George Brown College

There's nothing quite like delivering a box of sweets to ramp up the romance in your relationship. And if those candies were hand-crafted in your own kitchen? Well you've just about won the dating game. George Brown's confection course teaches students how to produce advanced chocolate treats in both traditional and contemporary styles. Truffles, moulded bonbons, pralines, jellies, peppermint patties and marrons glacés are on the menu.

The Mating Game: Fanshawe College

A primer on love, sex and marriage from a psychological standpoint, this course seeks to emphasize that without some hint of romance, humankind would inevitably perish. Topics include mate preferences, attraction and courtship, sex appeal, online relationship development and cyber-flirting. Marriage in its many forms (love-based, arranged, same-sex, monogamous, and polyamorous) will also be mulled over.

Floral Design: Langara College

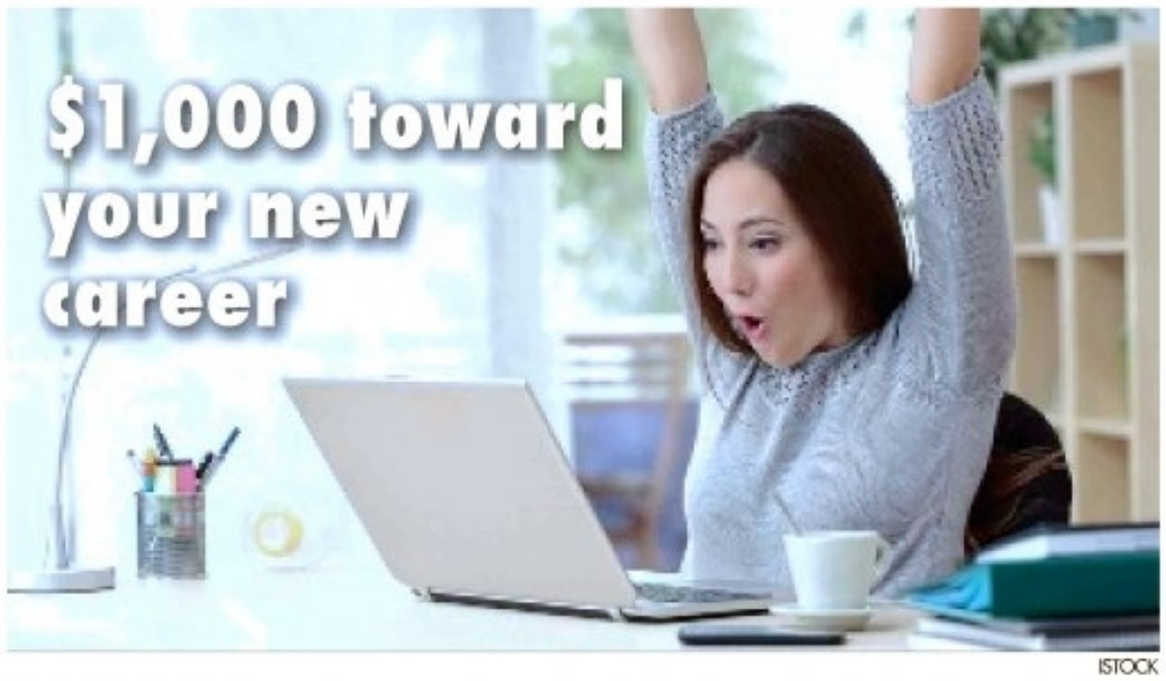
If blossoms are the way to your boo-thing's heart, then figure out the best way to blend a bouquet into birthdays, anniversaries, and any other occasion you can along your road to romance. Langara's floral design students will learn how to determine what types of arrangements pair best with certain occasions what combos of content create the most alluring look and scent.

Queer theories: University of Ottawa

Step outside of the same old he-met-she storyline with this course that examines the history of gay and lesbian studies and the emergence of queer theory and cultures in modern society. Students enrolled in this course examine a range of culture expressions of sex and love, and seek to gain a greater understanding of the eclectic nature of intimacy.

Studies in Renaissance Love Poetry: Saint Mary's University

Take a page from some of the old greats and compare your partner to a summer's day, with help from this course that focuses on Renaissance love poetry in its cultural, social and philosophical contexts. With a unit specifically on the sonnet and its relationship to the courtly love tradition, students of the course will be sure to emerge armed with content worthy of a kiss or two. —*LIZ BEDDALL*



ISTOCK

Don't give up on your New Year's resolutions yet. Education is one of the most effective things you can do to improve your life for the long-term.

Now there's an even better incentive — local educational institution CDI College is offering a limited-time bursary of $1,000* to help students find their calling. Students who enroll in any program at CDI College campus between Jan. 23 and Feb. 28, 2017, will be entered to win the bursary.

It's one of 25 bursaries totaling $25,000 that CDI will be giving out across Canada.

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metro SPORTS

Three-time Olympic short-track speedskating medallist Isabelle Charest has been named Canada's chef de mission for the 2018 Winter Olympics

The real difference maker

NFL

Brady will be remembered most for lifting Pats to titles

With a record five Super Bowl rings, Tom Brady certainly has established himself as the measuring stick for quarterbacks, NFL players and, just maybe, for all team-sport athletes.

The difference in the Patriots being 5-2 or even 0-7 in the big game is infinitesimal. That difference is the guy wearing No. 12.

Brady proved that again Sunday with an epic comeback that, at 39, some might think puts a capper on a Hall of Fame career. Except that he plans to return to work soon in preparation of another NFL season, with probably a few more to follow.

"I don't feel 39. I hang out with a bunch of 20-year-olds," he joked Monday morning before walking out of the Super Bowl MVP news conference with the silver football that serves as the award for the honour. "That makes you feel pretty young."

That Brady might be around for a while could make the rest of the NFL feel pretty down, and at least when it comes to the playoffs and Super Bowl, it should. Consider that he's won 25 post-season games; there are pro baseball, basketball and hockey players who would take that for a career.

Brady will be remembered most not for deflated footballs but for the way he has pumped up the Patriots in the most stress-filled circumstances. Sunday's 34-28 win over Atlanta in the first Super Bowl to go to overtime is the latest, and perhaps the most emphatic, example. But it's educational to look at all seven of his performances in the NFL championship game.

And you can compare his work to that of New England's coaching staff, which, it can be argued, has not come through nearly as well over the course of those seven contests and five titles.

Despite the Patriots' back-to-back championships in 2004 and 2005, there's a case to be made that both the Panthers' John Fox and the Eagles' Andy Reid were at least Bill Belichick's equal until Brady turned things New England's way.

4

Brady now has four Super MVP awards to his name.

The two upset defeats at the hands of the Giants, particularly in 2008 when the Patriots were seeking an undefeated season, could have gone New England's way, of course. But Tom Coughlin and his assistants, particularly defensive co-ordinator Steve Spagnuolo in 2008, outwitted the Patriots.

In 2015, Brady took charge against Seattle's superb defence with the fourth quarter belonging to him. But if not for what many believe is the worst play call in NFL championship game history — no, Marshawn, we're going to throw from the Patriots 1-yard line — Pete Carroll's Seahawks would likely have won a second straight Super Bowl.

Then there is Sunday night's "miraculous" comeback, to use Brady's word. And the stunning collapse by Atlanta, which had a first down at the New England 22 and a chance to, at the very least, move an eight-point lead to 11 late in the fourth period. It's almost never wise to play for a field goal against Brady, but that was one time to do so. The Falcons didn't.

So Brady, helped by a stunning reception by Julian Edelman, guided the Patriots to the tying scores. And then to the winning TD in overtime.

No one is saying the Patriots didn't earn each of their Super Bowl wins — and losses. It's an absolute, however, that when praise for everyone in the organization is handed out, Brady must be far in front of the rest of the line. THE ASSOCIATED PRESS

Tom Brady won his fifth Super Bowl championship on Sunday night in Houston. RONALD MARTINEZ/GETTY IMAGES

SUPER BOWL

Ratings in Canada take great tumble

Super Bowl ratings were down 39 per cent in Canada this year, a drop that national rights-holder Bell Media blamed on a CRTC decision mandating this year's game feed from Fox not be substituted with a Canadian signal.

The New England Patriots' 34-28 overtime win over the Atlanta Falcons on Sunday night drew an average audience of 4.47 million viewers on CTV, CTV Two, and TSN, a Bell Media spokesman said in an email.

"It's the outcome we predicted despite our efforts to mitigate the audience loss, and the support of the Canadian companies that stepped up to advertise on the domestic broadcast," said Scott Henderson, Bell Media vice-president, communications. "The CRTC's decision is clearly having a direct and negative impact on Canadian viewers, advertisers, and the broader broadcasting and creative community. We'll continue our fight alongside the NFL to reverse it."

Last year's Super Bowl between the Denver Broncos and Carolina Panthers drew an average audience of 7.32 million on CTV. THE CANADIAN PRESS

111M

In the U.S., Fox drew an audience of 111.3 million viewers.

NBA

Raps benefit from DeRozan's return

DeMar DeRozan returned from an ankle injury to lift the Toronto Raptors to a 118-109 victory over the Los Angeles Clippers on Monday.

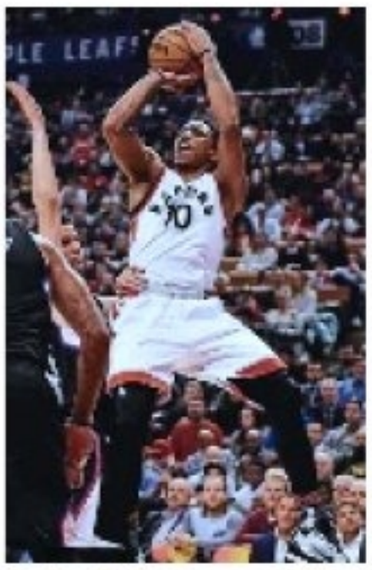
Playing for just the second time in eight games, the three-time all-star scored 31 points as the Raptors (32-21) won for the second day in a row.

Kyle Lowry became the franchise leader in three-point shots made, and finished with 24 points and eight assists. Lowry, who now has 804, passed Morris Peterson's record of 801. Jonas Valanciunas added 21 points and 12 rebounds.

Blake Griffin had a triple-double — 26 points, 11 rebounds, 11 assists — to top the slumping Clippers (31-21). THE CANADIAN PRESS

MONDAY at ACC

118	109
RAPTORS	CLIPPERS



DeMar DeRozan scored 31 points on Monday night. FRANK GUNN/THE CANADIAN PRESS

NHL

Islanders sink Leafs in OT

Brock Nelson celebrates scoring in overtime. KATHY WILLENS/THE ASSOCIATED PRESS

Brock Nelson's second goal of the game at 2:42 of overtime lifted the New York Islanders to a 6-5 victory over the Toronto Maple Leafs on Monday night.

Trailing 5-4 late in the third period, the Islanders pulled goalie Thomas Greiss and tied it on Andrew Ladd's deflection with 1:29 left.

Josh Bailey had a goal and two assists, Ryan Strome tallied a goal and an assist, and Nikolay Kulemin also scored for the Islanders.

On the winning goal, Nelson got a pass from Bailey and beat Toronto goalie Frederik Andersen on the blocker side.

Auston Matthews, Mitchell Marner, Nikita Soshnikov, Zach Hyman and William Nylander scored for Toronto, which finished 2-4-0 on a season-high six-game trip. Morgan Rielly had three assists. THE ASSOCIATED PRESS

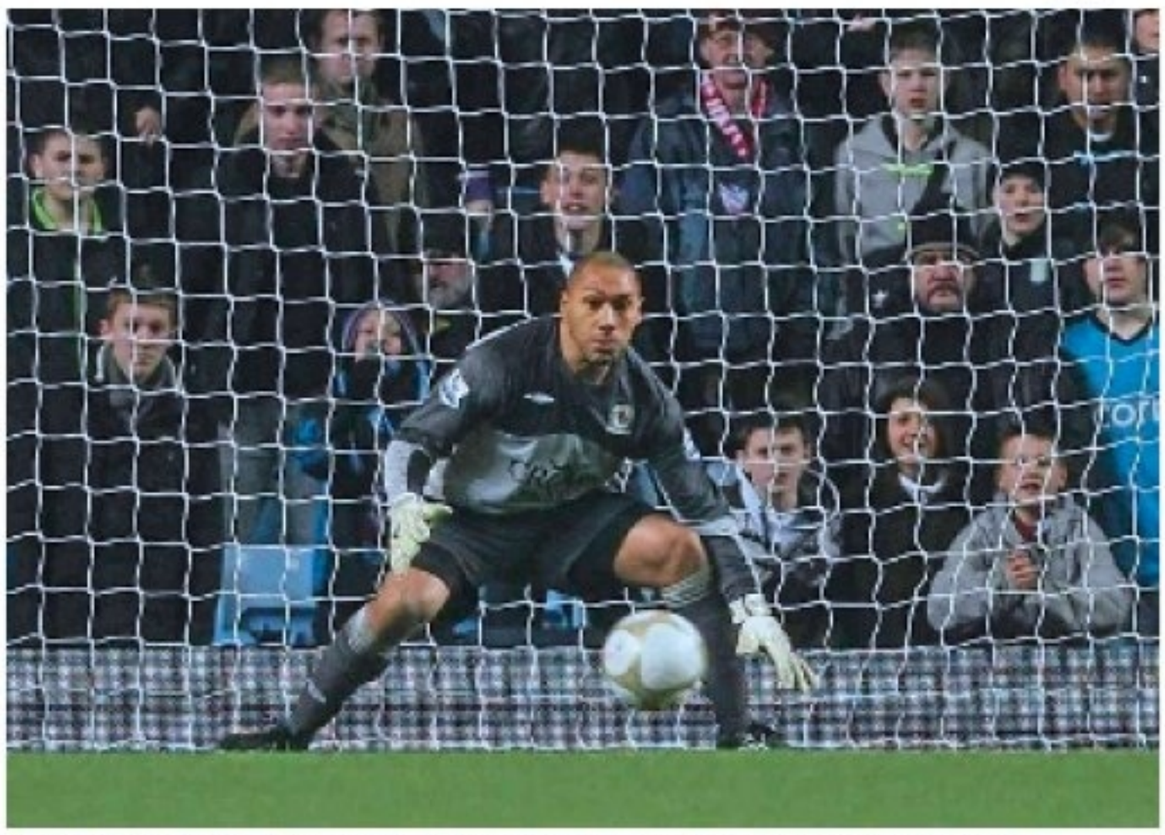
MONDAY in New York

6	5
ISLANDERS	LEAFS

When the beautiful game is over

SOCCER

Ex-goalkeeper Brown opens up on post-play depression



Jason Brown with the Blackburn Rovers during the 2009-10 Premier League season.
STU FORSTER/GETTY IMAGES

On the training pitches at Arsenal is where Jason Brown feels at peace. Coaching academy players, the retired goalkeeper feels unburdened of the mental anguish.

"This is my distraction," Brown, who played internationally for Wales and in the Premier League for Blackburn, told The Associated Press. "I honestly feel if I didn't have this distraction (at Arsenal) I might not be having this conversation with you right now."

Instead, Brown is hoping to combat any stigma still attached to those in soccer with mental health issues by speaking out about the depression that struck as his playing career came to an end in 2015. Like many professional athletes, Brown reveled in the adulation of fans in packed stadiums and the elevated status he held in the local community. He also craved the structure in his life: Training, rest, matches.

"As silly and naive as it might sound you never think there is going to be an end," the 34-year-old Brown recalled. "You never think when you retire what it is going to be like."

Then the limelight did fade. No longer was there a routine to follow. And the psychological issues mounted for a player who said he previously never encountered symptoms during his professional career.

"I suffer from depression and it's nothing to be embarrassed about," Brown states frankly. "I'll never be cured."

Now it is about trying to cope. A few months ago Brown felt he could not while in his car on a motorway near London.

"That's probably the lowest I was, the first real time that I made an attempt to actually, where I considered just killing myself," Brown said.

"I was so down. I was driving along the M1 and I put my foot down and I didn't take my foot off. And I then I realized that it's not only me I that I am going to be hurting but possibly others. That was a real low, low day my life."

Brown isn't alone. It's just that few footballers feel comfortable publicly discussing depression or even seeking help in private.

England's Professional Footballers' Association is trying to break that taboo, hoping to convince their members that talking about mental health problems is not a sign of weakness but strength.

"We want to change that mindset," said Michael Bennett, the PFA's head of welfare. "It's important for players to talk about the emotional side of things."

Welsh players including Brown had to deal with the distress of national team manager Gary Speed dying of hanging in 2011. A coroner later ruled there was insufficient evidence to prove that Speed had committed suicide. In 2009, Germany goalkeeper Robert Enke ended his life by stepping in front of a train.

"We as football have a duty of care," said Bennett, whose union backed the #TimetoTalk Day in Britain last week. "We spend a lot of time on the physical aspects of things for the players. I think we need to spend more time on the emotional side."

Brown turned to the PFA after searching for help online at 3 a.m. one day after struggling to cope with depression that was exacerbated by the breakup of his marriage as he retired from playing in 2015 and his father dying.

"You become very paranoid, you become very anxious, you don't know who to trust," said Brown, a father-of-three. "It got so bad when I didn't sleep for five days on the trot. I just had no sleep.

"I wasn't eating. I lost a lot of weight ... I went on this crazy health kick that you would probably associate with someone who was anorexic."

> **"You never think when you retire what it is going to be like.**
> Jason Brown

Brown has a message for active and retired footballers needing help with their emotional wellbeing and coping with life after their playing careers end.

"Don't feel that you are weak. It makes you far from weak," Brown said. "Someone who is willing to admit they have a problem is stronger than any type of person who is preparing for a competition."

This determination has led Brown to a job coaching Arsenal's emerging talent.

"My work colleagues are very supportive," Brown said. "I openly speak about everything I have been through because that's part of my job and what I want to do — try to help people."

THE ASSOCIATED PRESS

SOCIAL MEDIA

Pats' win earns fan a date with Bouchard

Forget the Lombardi Trophy. The New England Patriots' shocking comeback win over the Atlanta Falcons in Super Bowl 51 earned one fan a date with Canadian tennis star Eugenie Bouchard.

With the Falcons holding a big lead over the Patriots Sunday, Bouchard tweeted that she "knew Atlanta would win."

A fan then asked her to go on a date if the Patriots somehow ended up winning and in what must have seemed like a low-risk reply, Bouchard said, "sure."

Eugenie Bouchard GETTY IMAGES

Her final tweet of the night was one of resignation, "Lesson learned. Never bet against Tom Brady." THE ASSOCIATED PRESS

NFL IN BRIEF

Search on for Brady's jersey

Texas Lt. Gov. Dan Patrick is asking the state's top law enforcement officers to help locate Tom Brady's missing game jersey, which disappeared from the New England Patriots' locker room after the Super Bowl.

The Republican said in a statement Monday that Brady's jersey "was stolen" after the Patriots beat the Atlanta Falcons 34-28 at Houston's NRG Stadium, and that city police were already investigating.

THE ASSOCIATED PRESS

Shanahan is new 49ers boss

The San Francisco 49ers officially hired Atlanta offensive co-ordinator Kyle Shanahan as their new head coach on Monday, more than a month after firing Chip Kelly after just one season.

The 49ers settled on Shanahan a couple weeks ago but had to wait until after the Falcons played in the Super Bowl to sign him to a contract. Shanahan will be formally introduced at a news conference later this week. THE ASSOCIATED PRESS

ATHLETICS

Russia ban upheld; country swaps frozen

The IAAF is upholding its global ban on Russian athletes and freezing all nationality switches.

Following a council meeting in Monaco on Monday, IAAF president Sebastian Coe said Russian athletics should not expect "full reinstatement" before November. The decision rules out Russia competing at the world championships in August in London.

IAAF task force chairman Rune Andersen added that although there have been "productive meetings" with Russian officials, many conditions were yet to be met for full reinstatement.

In December, World Anti-Doping Agency investigator Richard McLaren published the second part of his damning report into state-sponsored doping, listing hundreds of failed drug tests which were allegedly covered up in Russia, including in disability sports. The Russian government and Russian athletics deny any state support for doping.

THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Cosy Beef and Mushroom Stew

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

All this needs is a side of mashed potatoes to cosy up to.

Ready in 1 hour 20 minutes
Serves 4

Ingredients
- 2 lb stewing beef
- 2 Tbsp flour
- Salt and pepper
- 2 Tbsp olive oil
- 2 onions, diced
- 3 cloves garlic, minced
- 1 lb mushrooms, halved or quartered, depending on size
- 2 large carrots, diced
- 2 sprigs fresh thyme
- 1/3 cup tomato paste
- 1/2 cup white or red wine (optional)
- 4 cups beef broth

Directions

1. Shake flour onto plate and season with salt and pepper. Dredge meat through the flour.

2. In a big pot or dutch oven, warm olive oil over medium heat. Brown meat in batches. Place cooked meat on a clean plate.

3. Add onion and garlic and sauté 3 minutes. Toss in mushrooms and thyme and cook another 5 minutes. Add tomato paste and stir well. Cook for a couple of minutes.

4. Add wine. Use wooden spoon to scrape bottom of the pot to loosen up all caramelized beefy goodness. Add stock and beef, bring it to a simmer, cover and simmer about an hour. Now add carrots and cook 10 minutes. Serve over mashed potatoes.

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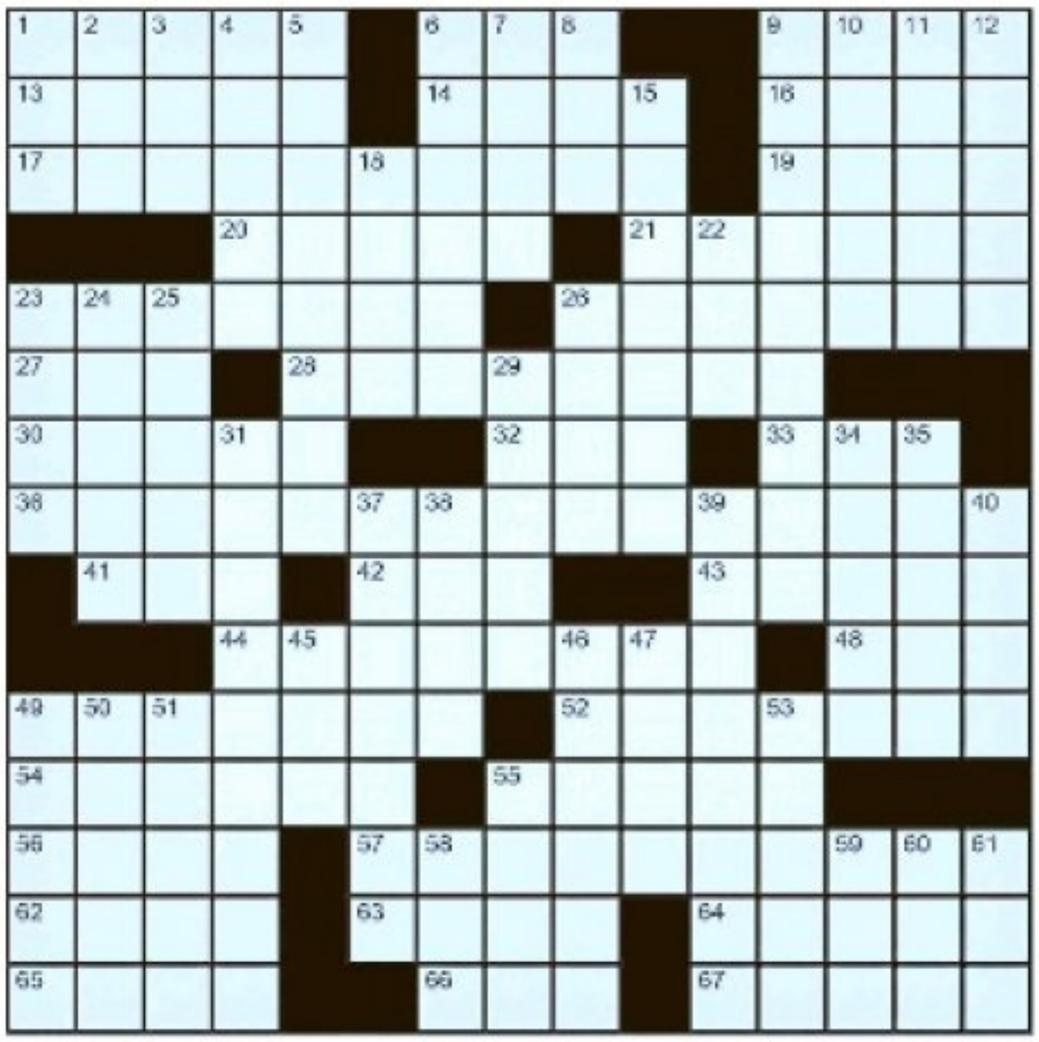
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "I'll have __ salad sandwich, please." (Lunchtime order)
6. Walther ___ (James Bond firearm)
9. 'Photosynth' suffix
13. Sister: French
14. Banff National Park creatures
16. Pound sound
17. Adrien Brody's Oscar-winning role movie: 2 wds.
19. Great Lake
20. __, Arizona
21. Royal court entertainer
23. German state bordering Austria
26. Victoria-born singer/songwriter Nelly
27. "Cold Mountain" (2003) role
28. 20th-century Spanish artist Mr. Dali
30. "That'll get done.", in radio communication
32. 'Fluor' finisher
33. Alias indicator
36. Team Wayne Gretzky was traded to (from the Edmonton Oilers) in 1988: 3 wds.
41. Ott. NHL player
42. 'Excess' suffix
43. Torpid
44. Mechanic's outfit
48. Pastureland
49. One extending a membership
52. Fan's rare audio of a rock concert
54. Python slayer in mythology
55. Harbour haulage
56. Ipsos Reid specialty
57. College society
62. Stagnate
63. Most preferred, for short
64. Jubilant, in verse
65. Ownership document
66. Marry
67. Retail complexes

DOWN
1. 'Bomb' add-on (Pompous talk)
2. Form of stage show in Japan
3. "Aaaii-_!!" (Comic book scream)
4. Dr. Sanjay __ (CNN's Chief Medical Correspondent)
5. Scottish documentarian who founded the National Film Board of Canada in 1939, John __ (b.1898 - d.1972)
6. Corresponding chum: 2 wds.
7. Ballet move
8. Initials-sharers of Kendall Jenner's older sisters
9. Meticulous work woe, perhaps
10. Mattress brand
11. Nicki Minaj song: 2 wds.
12. 'I hope', to Caesar
15. Nunavut: Igloo-shaped attraction in Iqaluit, __. __ Anglican Cathedral
18. "What ___ mind reader?"
22. 'Ranch' suffix
23. Wail
24. "Good-bye!"
25. Waltz, in Paris
26. Lose colour, as jeans
29. More repulsive
31. Invalidated
34. Solemn bell sound
35. Concur
37. Emit: 2 wds.
38. By any chance?
39. Unit of weight in Canada
40. Male deer
45. Stealth bird
46. Declined
47. Mythology
49. Sort of transit
50. Lyric poem
51. __ prosequi (Not proceeding, in law)
53. Polynesian archipelago kingdom
55. Prehistoric paintings place, perhaps
58. Not cooked, as meat
59. __-defined
60. Address book abbr.
61. Go-ahead response

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid domestic arguments today, because they will easily arise — especially with a female relative. People are touchy, emotional and volatile. You have been warned.

Taurus April 21 - May 21
This is a classic day for arguments with others, especially siblings, relatives and neighbors. This angry energy might cause you to have an accident. Be careful.

Gemini May 22 - June 21
Disputes about money and possessions are likely today. They could relate to something at home or to a female relative. Either way, tread carefully.

Cancer June 22 - July 23
Today the Moon is in your sign, which makes you more emotional than usual. On top of that, it is at odds with fiery Mars. This is a challenging day! Remain calm so to avoid disputes with others.

Leo July 24 - Aug. 23
This is a restless day. There's no doubt that you feel impatient with others. You might not speak up, but inside you are secretly gritting your teeth. Easy does it.

Virgo Aug. 24 - Sept. 23
People are quarrelsome today. When talking to a friend or perhaps a member of a group, you must tread carefully. Don't go looking for trouble, because it will find you.

Libra Sept. 24 - Oct. 23
Be careful when talking to authority figures today, especially your mother or a female boss. The bottom line is that people are emotionally volatile today, and they will react without thinking first. Be cool.

Scorpio Oct. 24 - Nov. 22
Avoid controversial subjects like politics, religion and racial issues today, because things will go south in a New York minute. Don't try to win or keep score. Just keep the peace.

Sagittarius Nov. 23 - Dec. 21
Choose another day to discuss how to divide an inheritance or share something with someone, because a discussion will quickly deteriorate into a fight.

Capricorn Dec. 22 - Jan. 20
You have to go more than halfway when dealing with others, because this is a dicey day. Frankly, things are not going your way. Just tread water.

Aquarius Jan. 21 - Feb. 19
Be patient with co-workers and customers today, especially female acquaintances. Don't get your belly in a rash.

Pisces
Feb. 20 - March 20
Parents will have to be patient with their kids today. Likewise, romantic partners must be patient with each other, because it's a quarrelsome day! Easy does it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1						7	
8			2	6	3			1
				9				
	9						8	
	2	4				6	9	
	6						3	
				2				
7			9	4	1			8
	5						6	

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